

OHIO RACE WALKER

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COLUMBUS, OHIO

BIG ONE FOR JOHN

Santa Barbara, Calif., September 12--Recent U.S. citizen, John Knifton, representing the New York AC, won the National 50 Kilometer Walk today and thus secured his second International berth of the year. One might say that John is taking full advantage of his citizenship papers. Better known for his prowess over the shorter distances, John no doubt surprised a lot of people, including your editor, as he triumphed over a good field in 4:35:02. John Kelly, another man who recently took out citizenship, captured second. However, having represented Ireland in the 1968 Olympics, John is not yet eligible to compete for the U.S.

Bob Kitchen continued his return to top form in third and Goetz Klopfer was a surprising fourth. Surprising in that he was that far back in very slow time for him. Less than a minute back of Goetz was his teammate Jim Lopes, walking by his far the best race of his life, to secure the fourth spot on the Lugano team. After a year of relative inactivity, Jim has really come back strong this year and its great to see him getting a trip.

Reportedly, the race was walked on a concrete course with some very sharp hills on it and apparently this took its toll. This may in part explain the relatively slow times. It caused Dave Romansky to drop out rather early in the race with an ailing back and perhaps was the reason for Ron Daniel giving up the chase as well.

Bryon Overton did not defend his championship won at Lake Tahoe last year but probably walked a better race with a 4:48:54.4 in sixth place. This put him ahead of always tough veteran Bill Ranney and Ron Laird, who failed again to get the Lugano berth he had missed at McKeesport. The results of the race, for which I have no details as to splits or progression, are:

1. John Knifton, NYAC 4:35:02 2. John Kelly, Striders 4:37:53.8 3. Bob Kitchen, Springfield College 4:38:46.4 4. Goetz Klopfer, Athens AC 4:42:32.2 5. Jim Lopes, Athens AC 4:43:36.8 (that's more than a minute, Portland, you dummy) 6. Bryon Overton, Striders 4:48:54.4 7. Bill Ranney, Athens 4:50:44.2 8. Ron Laird NYAC 5:01:42.8 9. Steve Geiver, Seattle 5:03:54.8 10. Gerry Willwerth, US Army 5:07:07.4 11. Gary Westerfield, US Army 5:14:01.6 12. Steve Merilees, Striders 5:49:37 13. Larry O'Neil, Glacier Sports Club 5:51:39 14. Bob Long, Striders 6:10:38.2 Team--Athens AC--10, SC Striders--11

Thus, as of now, the U.S. team for the Lugano Cup Race in Frankfurt on Oct. 10 and 11 is: 20 Km--Romansky, Dooley, Kulik, and Hayden; 50 Km--Knifton, Kitchen, Klopfer, and Lopes. However, Steve Hayden has had an injury problem and is doubtful. He did not compete in the 25 Km on Sept. 27 (that's today) but may go a time trail in the next few days to see if he is going to be ready. If Steve cannot be competitive, Goetz Klopfer is next in line for the 20 and reportedly might prefer the 20 at this point. If he did make this choice, it would then put Bryon Overton on the team as fourth man in the 50. If Goetz chose to stick with the 50, John Knifton would then get the same choice, having finished sixth in the 20. If he stuck with the 50, Ron Daniel would then become the fourth man in the 20. No, I see no hope of it working down to me again.

In any case, with injuries to Hayden and Floyd Godwin, with Ron Laird never coming close to form, and with Goetz Klopfer and Bob Kitchen not yet walking

close to past performances, our team doesn't shape up nearly as well as it did in the first blush of spring. Looking at it very objectively, which I had to have to do, it appears we will probably be battling Sweden for fifth as in 1967. (They beat us by two points.) Certainly East Germany and the USSR are away out in front at this point. The Germans should dominate the 50 and the outcome will hinge on the 20. Frenkel and Reimann have shown their fantastic speed but Golubnichiy and Smaga are truly seasoned veterans who will always rise to the occasion. If Agapov is also part of their team, they could conceivably sweep the race. It will be interesting to see. I was going to make some predictions, but I don't have the guts.

The battle for third should be equally interesting between Great Britain and West Germany. It may depend in part on how far back Paul Nihill has come from his illness earlier in the season. At his best he is most certainly a threat to take it all, Golubnichiy, Smaga, Frenkel, Reimann, and Agapov notwithstanding. This would probably be enough to boost the British over the West Germans as it will probably be quite away to the next Briton or German (West). Wilf Wesch looked like a real threat for the W.G.s earlier this summer but has been off form lately and might well be beaten by the likes of Dave Romansky, Stefan Ingvarsson, and perhaps Tom Dooley, who will be primed for this one. However, even if Dooley and Romansky place high, as they certainly can, it is doubtful if we can do more than capture fifth. Certainly we will have to show much stronger in the 50 than in the National. Well, a full report next month and I hope I am shown wrong.

FLASH!! Dave Romansky won the National 25 Km on Long Island today in just under 2 hours with John Knifton second. The race was held in a fierce electric storm featuring hail as well as the hard rain and lightning. Ron Daniel and Ron Kulik were reportedly nearly struck by one bolt and sought the safety of Henry Laskau's car for about 4 minutes before venturing out again. ORW style prize to Gary West-erfield. Full details next month, or later in this issue if they get here before Tuesday.

Speaking of style prizes, I forgot to designate Bob Kitchen as the recipient in last month's 40 km. Speaking of forgetting, I forgot to single out one Jack Mortland as the recipient of a caution in the US-Canada 20 Km. This came just after 10 kms while locked in a tight duel with Frank Johnson at a pace too fast for both of us at that point and, bingo, we both got a call. At least that relieves a little of the pressure when they call your opponent at the same time.

Well, I can see that this is going to be a generally worthless issue, but here is yet another important result with no details. Shaul Ladany, of Israel and the New York Pioneer Club, won the annual London-to-Brighton 52 Mile plus walk in the record time of 7:46:37. John Markon captured 20th with 9:33:37. There were 85 starters with 61 finishing.

What a sacrifice! It's now Monday evening and all good racewalkers should be out on the road and track. But here sit I, slaving for my faithful readers. Actually, it is little sacrifice for me, undedicated, unserious athlete that I now am, to pass up a workout. What remains to be seen is whether I will be here at 9 p.m. when the Colts and the Chiefs come on the tube. Doubtful indeed. For sure I won't be here from 8 to 9 when all dedicated sex maniacs are feasting on "Laugh In".

One other note on the Lugano meet, as I fill this page with bits and pieces of varying import. Bruce MacDonald has been selected as coach-manager of the team, which is a good deal, and Joe Tigerman is going as a judge, which isn't a bad deal either. The course in Frankfurt is a 5 km lap, reportedly quite flat.

The Ohio Race Walker is a monthly bit of trivia on, believe it or not, race walking, which comes your way from high in a garret atop the Mortland household in Columbus, Ohio. Editor and Publisher--Jack Mortland, assisted by his beautiful wife. Cost: \$2.00 per year. Address: 3184 Summit St., Columbus, Ohio 43202

TOUGH NEWCOMERS

Worthington, Ohio--The Rund brothers, representing the Central Indiana Striders, dropped in for the 4th Annual Labor Day 6 Mile 536 Yard Handicap Walk and took full advantage of unsuspecting handicapper Jack Mortland to sweep 1-2 in the race. As the results show, Mortland obviously had himself programmed to win over the local set but was unable to cope with these unknown quantities. The Runds have only competed in occasional 1 and 2 mile races at track meets back in Indiana and this was their first go at a longer distance. Lee started out strongly at just over 9 minute miles and held this pace until slowing somewhat on the last of the 4 laps to record a fine initial effort of 58:04. His brother, starting 4 minutes in front of him, held him off until the last lap, and stayed in front of the charging Mortland all the way. Doc Blackburn in fourth warmed up through the race and made each lap faster. The results: 1. Lee Rund, Central Ind. Striders 68:04 (actual time 58:04) 2. Bob Rund, CIS 68:44.6 (62:44.6) 3. Jack Mortland, OTC 69:28.8 (51:28.8) 4. Doc Blackburn, OTC 70:16.2 (63:16.2) 5. Larry James, OTC 71:00.4 (68:00.4) 6. Bob Smith, Dayton 72:18.2 (72:18.2).

JERU

Toronto, September 20--Jerry Bocci, of the Motor City Striders, finished about 3/4 of a mile ahead of Pat Farrelly to win the Canadian National 50 Km Walk today in 4:54:57.1. Meanwhile, wife Jeanne walked as an unofficial competitor and covered the distance in 5:45:20, setting unofficial American records from 25 km on. This gives Jeanne American "records" at any distance you can name from 880 up. Her 5 km splits starting at 20 km were: 2:10:23, 2:43:38, 3:18:15, 3:53:50, 4:30:12, and 5:06:07. To make the day complete for the Bocci's, Jerry won the style prize and girls from the Wolverine Parkettes took 1-2-3 in an accompanying 10 km. The results:

- 1. Jerry Bocci, MCS 4:54:57.1
- 2. Pat Farrelly, Hamilton OC 5:02:19
- 3. Bill Walker, MCS 5:13:06.5
- 4. Macx Gould, Gladstone AC 5:17:45.6
- 5. John Argo Mattawa TC 5:47:58.4
- 6. Frank Johnson, Gladstone 5:57:06
- 7. Jim Dunn, Gladstone 6:20:48.7
- 8. Art Keay, Police AAA 6:39:13

Results, results, results!!!

Women's 10 Km, Toronto, Sept. 20--1. Mary Kefalos, Wolverine Parkettes, Detroit 65:08 2. Dorrie Shafer, WP 67:35 3. Pat Donahue, WP 69:08

NAAU Junior 25 Km, Niles, Ohio, Aug. 22 (partial results last month)--1. Clarence Buschert, USMA 2:20:34 2. Mark Achen, Columbia TC 2:20:36 3. John Markon, LIA C 2:22:14.7 4. Howie Palamarchuk, Ambler Olympic Club 2:32:27 5. Don Johnson, Shore AC 2:34:09 6. Tom Wolf, Pitt. Walkers 2:36:18 7. Leon Jasionowski, Detroit 2:36:21.3 8. Dave Heller, PW 2:38:13.6 9. Bob Lambily, Shore AC 2:40:10

10. Bill Prather, PW 2:40:26 11. Gary Bywaters, PW 2:43:10 12. Jim Johnson, PW 2:47:23 13. Charles Stahl, Shore AC 2:49:03 14. Richard Frederick, Canton, Ohio 3:09:51. Team: Pittsburgh Walkers--10, Shore AC--11

Open 25 Km, Niles, Aug. 22--

1. Gary Westerfield, US Army 2:12:28.2 2. Bill Walker, MCS 2:15:15.6 3. Dale Arnold, OTC 2:41:07.4 20 Km (short), Lawrence to Lowell, Mass., Sept. 7--1. John Knifton, NYAC 1:25:36 2. Ron Daniel, NYAC 1:27:52 3. Gary Westerfield, US Army 1:29:43 4. Steve Hayden, LIAC 1:33:13 5. Fred Timcoe, Shore AC 1:33:33 6. Larry Newman, LIAC 1:33:58

Women's 5 Mile, Lowell, Sept. 7--1. Jeanne Bocci 43:45 2. Jocelyn Richard, Montreal 47:11 3. Stella Palamarchuk, Cornwells Hts., Pa. 49:30 4. Kathy Moore, Wolv. Park. 52:38 5. Nancy Enis, N. Medford 54:13 6. Susan Spurgeon 54:52 (old record 48:48 by Richard)

Women's 5 Km, Detroit, Aug. 16 (for entry in International postal race)--1. Jeanne Bocci 26:14 (8:15, 16:46, 25:22) 2. Kathy Moore 31:13.2

4 Mile, Black Diamond, Wash., Sept. 6--1. Manny Adriano 32:10 2. Steve Geiver, Seattle 32:32 3. Steve Tyrer 33:46 4. Dave Sperry 33:48 10 Km, Seattle, Sept. 7--1. Geiver 49:46 2. Adriano 50:08 3. Tyrer 52:26

4. Ed Glarder 53:10 Northeast AAU 25 Km, Attleboro, Mass., Sept. 20--1. Paul Schell, NMC 2:18:55 2. Phil McGaw, NMC 2:22:10 3. Tony Medeiros, NMC 2:23:14
 4. John Gray, NMC 2:30:20 (11 finishers) 5.5 Mile Walk, Lowell, Mass. Sept. 22--1. George Iattarulo, NMC 50:58 2. John Killinger, NMC 53:14 (10 finishers)
Women's 4 Mile, Attleboro, Sept. 20 (slightly short)--1. Sue Spurgeon, NMC 43:01 (age 59) 2. Barbara Donovan, NMC 48:15 3. Charlene Brederson, NMC 50:17 10 Km, Detroit, Aug. 30 (road)--1. Frank Johnson, Gladstone AC 49:30 2. Jerry Bocci, MCS 49:41 3. Bob Henderson, G&G AC 50:59 4. Bill Walker, MCS 51:50 5. Joe Levy 54:06 6. Jeanne Bocci 54:58 7. Leon Jasionowski, MCS 56:09 8. Bill Purves 57:20 (Johnson went through 7:34, 15:05, and 23:06 to open up 29 seconds. Bocci caught up at 6 miles but got outkicked.) Met. AAU 10 Km, Aug. 30--1. John Knifton NYAC 45:59 2. Ron Kulik, NYAC 47:43 3. Shaul Ladany, NYPC 47:44 4. Gary Westerfield, LIAC 49:36 5. Larry Newman, LIAC 50:21 6. Clarence Buschert, USMMA 51:09 7. George Shilling, NYPC 52:15 8. John Shilling, NYPC 52:52 (Team: NY Pioneer Club--12, Long Island AC--13)

Track Meet during Walker's training Camp at Boulder (all events same day): Mile Run--Westerfield 5:03.5, Hayden 5:12.6, Overton 5:47, Newman 5:49, Willwerth 5:50 Bocci 7:30; Mile Walk--Laird 6:57.2, Lopes 7:18, Hayden 7:30, Lansing 7:31, Jeanne Bocci 8:21, Overton 9:55; 880 Run--Newman 2:12.2, Diebold 2:12.8, Westerfield 2:25 Hammer 2:34, Willwerth 2:36, Bocci 4:05; 880 Walk--Laird 3:16, Tyrer 3:25, Lopes 3:31, Palamar chuk 3:49, Merrilees 4:02, Lansing 4:10; 100 yard dash--DeLambily 11.5 Diebold, R. Mimm, Adair, Davy, Bruce MacDonald no times: 440 Run--Newmann 59.1, Westerfield 60.5, Overton 63, DeLambily 65, Merrilees 67, Davy 85; 440 Walk--Laird 1:28, Tyrer 1:34, Hayden 1:36, Lopes 1:39, Palamarchuk 1:42, Jeanne Bocci 1:49; 220 Run--Diebold 26.0, DeLambily, Mimm 26.5, Newman, Tyrer, Merrilees; 220 walk--Laird 40.9, Adair, Lopes, Kulik; High Jump--DeLambily and Hayden 4'8, Lansing 4'6; Shot--DeLambily 36'1 $\frac{1}{2}$, Adair 35'1 $\frac{1}{2}$, Laird 34'9 $\frac{1}{2}$, Newman 30'2 $\frac{3}{4}$,

Tyrer 30'1 $\frac{1}{2}$, Hammer 27'3 $\frac{3}{4}$; Discus--Laird 109'8, Newman 83'4, Adair 82', Hayden 76'5, Lansing 81'6, DeLambily 79'2; 120 Low Hurdles--Tyrer 18.3, Adair 18.7, Merrilees 19.3, DeLambily 19.4, MacDonald 19.7; Javelin--Adair 124', Overton 118'2, Laird 117'3, DeLambily 117'1 $\frac{1}{2}$, Hayden 89'2, Merrilees 81'3 $\frac{1}{2}$ 5 Km, Attleboro, Mass. Aug. 15--1. Paul Schell 25:16 2. Phil McGaw 25:40 5 Km, Santa Rosa, Calif., Sept. 5 (on 1-Mile Horse Track)--1. Tom Dooley 23:00 2. Bill Ranney 23:50 3. Jim Lopes 24:14 2 Mile, Denver, Sept. 12--1. Floyd Godwin 14:47.6 2. Ned Amstutz 16:05.2 3. George Lundmark 18:47.2; Age 12 and under 440 (same place)--1. Shaun Penland 2:12, 2. Steve Alfrey 2:13, 3. Kevin Kraft 2:16; Age 13-17 880--1. Jeff Bartelson 4:54 2. John Elliott 4:59 10 Km, Denver, Sept. 13--1. Godwin 52:11 6 Mile, Walnut, Calif., Aug. 16--1. Ron Laird 50:01.6 2. Bryon Overton 51:43 3. Ray Parker 52:26 4. Don DeNoon 54:54 (first race since 1968 Olympic trials to my knowledge) 5. Steve Merrilees 56:04 6. Dennis Reilly 58:42 7. Chris Clegg 59:44 15 Km, Santa Monica, Cal., Aug. 23--1. Larry Walker 1:14:11.4 2. John Kelly 1:14:22.6 3. Ray Parker 1:17:55.2 4. John Hanna 1:23:04 5. Dennis Reilly 1:28:01 6. Chris Clegg 1:29:33 10 Mile, Ft. Osage, Kan., Aug. 22--1. Larry Young 1:25:09 2. Paul Ide 1:26:46 3. Bob Henderson 1:27:21 4. Bob Chapin 1:32:57 5. Bob Young 1:36:49 (Larry Young is now back in the Kansas City area and hopefully will start doing some serious walking) 10 Km, Denver, Sept. 6--1. Floyd Godwin 58:34.8 (Floyd is now recovering from his leg problems and is pointing for next year) 2. Karl Merschenz and George Lundmark 62:51 (Karl, according to his doctor, has some sort of heart condition and is limited to walking at a very minimal effort)

EUROPEAN STUFF:

1 Mile, London, Sept. 5--1. Paul Nihill 6:17 2. Roger Mills 6:23 3. Olly Caviglioli 6:25.3 (still but 17 years of age) 7 Mile, Gloucester, Eng., Aug. 2--1. Robert Hughes 49:25 2. Eric Taylor 52:24 3200 meter, Norbury, Eng., Aug. 18 (about 20 yards short of 2 miles)--1. Paul Nihill 13:13 20 Km, Enfield, Eng., Aug 29--1. Nihill 1:33:46 2. Robert Hughes 1:34:03 3. Shaun Lightman 1:35:08 4. Wilf Wesch, WG 1:35:18 5. John Webb 1:35:31 6. Bill Sutherland 1:35:42 20 Km, Riga, USSR, July 30--1. Jaan Poldmae 1:30:46.2 2. Julijs Gorbunovs 1:31:22.4 (track) 20 Km (track), Tallinn, USSR, Aug. 8--1. Ants Palmar 1:32:53.6 2. Olav Laiv 1:33:51.6 30 Km (road), Tallinn, Aug. 16--1. Palmar 2:28:06.8 2. Laiv 2:29:01 10 Km (track), Balkan Jr. Championships, Athens, July 25--1. Anghel, Rum

46:32.6 2. Stanev, Bulgaria 47:24.6 3. Pupavac, Yugoslavia 47:26 4. Feidopoulos, Greece 47:27 15 Mile (track), Melbourne, date unknown--1. Noel Freeman 1:50:02 (1:30:10 at 20 km, Too bad Australia does not send a team to Lugano as Freeman would certainly liven up the 20 Km.)--Some word has also drifted out of Australia about a 2:28 plus 20 mile on the track by Freeman, which would be a world record, but details are completely lacking--I got this in Danish, so am not even certain all it says there. French Junior 10 Km, Auton, Aug. 15--1. Olly Caviglioli 45:24.0 2. F. Hohmann, W.G 48:07.2 (it was France vs. West Germany, with the French winning 13-9) Danish Women's 10 Km (track), Aug. 28--1. Karin Moller 57:21.22, Benthe Thomsen 57:44.6 Women's 5 Km (track), Grindsted, Den., Aug. 22--1. Moller 27:33 Women's International 5 Km (track), Boras, Sweden, Sept. 5--1. Eivor Johansson, Swed. 24:40 2. Torhild Sarpebakken, Nor. 25:58 3. Elisabeth Olsson, Swed. 26:05 4. Margareta Simu, Swed. 26:27.5 5. Karin Moller, Den. 26:40 6. Láila Jensen, Nor. 26:54 7. Berit Jonsson, Swed. 27:02 8. Gerd Gylder, Nor. 27:15 9. Benthe Thomsen, Den. 27:28 10. Margareta Olsson, Swed. 27:36 11. Eli Rolstad, Nor. 27:37 12. M. Lewis, Eng. 27:54 13. B. Cook, Eng. 28:12 14. Jennifer Peck, Eng. 28:18 15. Ellen Marie Thomsen, Den. 28:33. Score: Sweden--70, Norway--58, Denmark--41, England--32, France--10. Swedish 20 Km. Champ., Aug. 21--1. Stefan Ingvarsson 1:31:53 2. Kore Moen 1:35:20 3. Lennart Back 1:35:24 Swedish Jr. 10 Km--1. Tomas Glans 45:43 2. Ove Hemnings 45:55 (Track) Swedish 50 Km, Aug. 23--1. Orjan Andersson 4:29:31 2. Stig Lindberg 4:30:46 3. Gunnar Kammarbo 4:35:11 4. Ingvar Hansson 4:39:31 Swedish Women's 5 Km, Aug. 21--(Track) 1. Eivor Johansson 24:58 2. Elisabeth Olsson 25:09 3. Margareta Simu 25:42 4. Margareta Olsson 25:50 5. Berit Jonsson 26:15 6. Ruth Nilsson 26:22 7. Irma Hansson 26:39 8. Anna-Lisa Bertilsson 26:47 (29 under 30 minutes) Swedish Junior Women's 5 Km, Aug. 23--1. Elisabeth Olsson 25:53 2. Margareta Simu 26:14 3. Berit Jonsson 26:28 4. Margareta Olsson 26:56 (19 under 30). Swedish Women's 10 Km, Aug. 23 (track)--1. Eivor Johansson 52:42 2. Irma Hansson 55:22 3. Ruth Nilsson 55:28 4. Anna-Lisa Bertilsson 55:42 5. Britta Tibbling 56:49 6. Aslog Forsell 57:08 8. Gerd Kivamaki 57:12 (All these races, both men's and Women's, were held in Soderhamn over the three day period. Seems like a good idea.) 5 Km (track), Varnamo, Swed., Aug. 8--1. Stefan Ingvarsson 21:44 2. Hans Tenggren 22:07 3. Lennart Back 22:11 10 Km, Varnamo, Aug. 8--1. Ingvarsson 46:21 2. Tommy Dahlof 46:59 3. Orjan Andersson 47:47 Jr. 3 Km, Varnamo, Aug. 8--1. Tomas Glans 12:42 2. Lennart Lundgren 12:42 3. Goran Carlstedt 13:09 Women's 3 Km, Varnamo, Aug. 8--1. Eivor Johansson 14:39 (unofficial world record) 2. Elisabeth Olsson 15:19 3. Margareta Simu 15:43 4. Ruth Nilsson 15:48 (These also were all National Championship races held at a single site.) 30 Km (track), Varnamo Aug. 9--1. Ingvarsson 2:26:15 (Swedish record) 2. Andersson 2:30:47 (good two days work for Ingvarsson.)--Eivor Johansson has also turned in 3 km times of 14:43 and 14:33, the latter on an asphalt go-cart track and not acceptable for a record. Rumanian 50 Km, Bucharest, Aug. 30--1. Leonid Caraiosifoglu 4:13:24.8 2. Persina ru 4:23:41 3. Csunderlich 4:26:18 East German 50 Km, Leegebruch, Aug. 30--1. Christoph Hohne 4:06:00.2 2. Burkhard Leuschke 4:07:48.4 3. Peter Selzer 4:10:00.6 4. Winfried Skotnicki 4:10:53.4 5. Gerhard Sperling 4:17:33.4 6. Kurt Sakowski 4:23:19.8 7. Mathias Kroel 4:26:14 European Junior 10 Km Championship, Paris Sept. 13--1. Lutz Lipowski 43:35.6 (track) 2. Peter Schuster, W.Germ. 44:02 (Lipkowski E. Germany) 3. Michail Alexejev, USSR 44:19.4 4. Karl-Heinz Stadtmuller, E. Ger. 44:50 5. Olly Caviglioli, France 44:55.2 6. Anatolij Solomin, USSR 45:19 7. Eugenij Semerdijev, Bulgaria 45:44.8 8. Victor Campos, Spain 45:58.2 9. Jan Ornoch, Poland 46:22 10. Ove Hemningsson, Swed. 46:29 11. V. Pupavac, Yug. 47:02 12. Chris Eyre, GB 47:10 13. Tomas Glans, Swed. 47:24 14. Paul Rouché, France 47:29 15. Fred Hohmann, W. Ger. 48:03 (A rather good set of times for the youngsters, I would say, and a couple in there from countries that have never produced any walkers of note, i.e. Spain and Bulgaria. Would indicate that interest in the sport is spreading.)--Christoph Hohne Commented after finishing second in the East German 1969 Sportsman of the Year Contest, "A second place for a representative of a sport which is not yet popular in the GDR at all, can be rated as a great success!" As Colin Young comments, we better look out when it does get popular over there considering what they are doing now.

BUSMAN'S HOLIDAY

Now, here is the way to spend a vacation. The following from Bob Mimm:

"Randy and I just returned from a very successful trip to Germany. The Germans are developing walkers at a very rapid rate. Many of their top walkers now are the products of Volkslaufing. We spend about two very enjoyable weeks in Germany on a walking vacation. Our first walk was a five mile track walk against 10 or 12 walkers from the Morlenbach Sports Club in the Odenwalk near Frankfurt. I was first with Eugen Weber second. Randy was fourth. The time escapes me, but was about 40. This was on Sept. 3.

Our next race was a Volkslauf on Sept. 6 in Appenweier in the Elack Forest. I ran 12 km in the morning in the Senior II Age Group and finished fourth of 27 in 47 minutes. In the afternoon I walked 12 km in the same age group and won in 61:16. There were 38 finishers in the Main Class, 50 in Senior I, 21 in Senior II, and 27 in Senior III. In a 5 km for age group 1952 to 1955, Randy won over 19 competitors in 24:29. Course was probably about 4.7 km actually.

On Sept. 8 a special race was arranged for us in Konigsbrunn. Laird and Dooley races on this same course. Results of this 10 Km: 1. Bernd Kannerberg 44:36.8 2. Klaus Spreyer 49:31.2 3. Bob Mimm 50:16.8.....5. Randy Mimm (made wrong turn.)

On Sept. 11 another special race was held in my honor in Augsburg by my old club, Messerschmitt. I was primed for this one. It was wonderful to race again on my old training course. Everything went right and I walked my best 10 km in many years. I walked in the Main Class instead of the Senior Class but all started together anyhow. Results: Women: 1. Antonie Diepolder 56:48.2 2. Josefine Vogler 58:17 (5 finished); Men: 1. Bob Mimm 46:39.6 2. Edgar Spreyer 47:52 3. Herbert Hoinkis 50:03 (7 finishers); Senior Men: 1. Walter Baier 47:58 (4 finishers) In a Junior Class Race at 6.5 Km, Randy defeated a very good German Junior walker by 1 second in 31:00. After the race a party was held lasting into the wee hours of the morning with some very tiring dancing.

We had our final race on Sept. 13, a Volkslauf in Beimerstetten near Ulmo. This turned out to be a cold wet day. This was unfortunate, because they had a large beer tent with a nice band and very few people stayed around to enjoy it. Randy and I were both tired yet from the fast pace and from Friday night, so we both went a little slow. I elected to walk in the Senior I Class, which was a mistake because I could only get second. I was fifth overall but would have won the Senior II Class by 12 minutes. I did about 12 Km in 1:06:02. Randy finished second in the Junior 5 Km (actually about 4.3) in 21:35."

Sounds like a neat way to spend a vacation. It occurs to me that anyone planning a trip to Munich in 1972 (excluding those heroes who plan to compete officially) and interested in a little walking whilst they are there might do well to get in touch with Bob some time before they leave. Without Bob's permission, I have just set up the Robert Mimm Race Scheduling and Arrangement Service. I am sure Bob would at least be glad to provide names of contacts. If our plans to hit Munich materialize, I for one will see what he can offer.

Another U.S. walker abroad, Greg Diebold, managed to find one race during a Scandinavian trip. This was a 20 km in Oslo where a requirement was to wear a 15-lb pack on the back. Greg walked without one and still couldn't beat Tore Erustad, the Norwegian champion, who turned in a fine 1:38:24.6. Greg was with him at 15 km in about 1:13:30, but then hit the wall and came home in 1:41:01. An Accompanying women's 10 Km with 4 KG (about 9 lbs) pack was won in 79:08.

Somewhere in here, you will find an entry blank for the Annual Ohio Track Club Distance Carnival. Because of a conflict at the school where we hold it, we have had to condense it to a 1-day meet. However, we have added a 2-Mile walk on that day. Also, if any walkers who come in want to stay over, we will arrange an informal race on another course for the second day, thus giving you three (3) races.

Mr. Diebold also seeks a forum for the following comments, which I am glad to provide:

"As you well know, among the things of interest at the end of the season is the balloting for the Capt. Ronald Zinn trophy. In the past, this award has generally, if not always, gone to the man who has compiled the most outstanding competitive record, i.e. won the most senior championships. While I admire Dave Romansky's ability and personally like him very much, I feel this year should be an exception. The work done this year by Bruce MacDonald has far exceeded anything any one athlete could do for the sport regardless of his achievements on the track. Furthermore, he has continued to work in spite of his uncerimonious loss of official power by methods which would hav disilluioned men of lesser dedication. This, it would seem, is a fact of onsiderable importance, since one aspect of the award is sportsmanship.

"Because of Bruce's modesty, many may not be aware of his accomplishments this year or consider voting for him. I realize you may not wish to make an editorial endorsement, however, I hope you will publish a summ ary of my comments in order that your reader's will consider MacDonald's work."

This is not an editorial endorsement, but I thought Greg's words were worth bringing to your attention. I have tried to keep you informed of the great work Bruce is doing and certainly his dedication deserves some recognition. However, since Dave Romansky has come in to it, it is only fair to point out that his qualifications go well beyond his outstanding record on the track. He has also spent a great deal of time working with a girl's track team and getting them to meets at considerable personal sacrifice of both and money.

Following is a report of a meeting of the Race Walking Committee of the International Amateur Athletic Federation held in Stockholm on August 24 and submitted by the USA representative, Joe Tigerman. Also present at the meeting were B. Fehervari, Hungary; P. Lassen, Denmark; F. Pryor, GB; H. Stahl, W. Germ.; H. Sulak, Czech.; F. Szyszka, Poland; and F.W. Holder, Acting HOn. Secretary, I.A.A.F.

An amendment to Rule 191 Sec. VI was approved. This incorporates into the rule that the Chief Judge be assisted in keeping a chart for record of the competitors on those who have dropped out of the race, number of cautions, and those disqualified for reference in case of a protest to the Jury of Appeal.

The I.A.A.F Council is to decide on heats in the 20 km race at Olympic Games. (The committee was in favor of this if it is held on the track as it would be a lot easier for the judges to control.)

Recommended that no flat shoes should be worn and that the heels should be 3/4 inch high. White shoes are out for the time being.

Lugano Trophy competition rules were discussed and it was agreed to submit for approval of the council an amendment to the competition rules of the Lugano Trophy to allow for a maximum of four competitors per team to compete in both the 20 and 50 km races (3 at present) with three to count towards the team scores. This would enable a country to have a full scoring team in the event of injury or disqualification of one member of the team.

A further amendment to the Rules was approved regarding the venue for the Final, which will not be confined to Central Europe, though regard will be paid to convenience of travel.

Subject to the approval of Council, a draft for the necessary alterations to the Competition Rules will be placed before the Committee in Helsinki 1971 or Munich 1972 as the next Cup competition will take place in 1973.

It was agreed that offers to stage the zone competitions as well as the Final should be submitted in time to include the dates in the European Calendar, thus giving more time to organizers and competing countries to prepare.

The following additions to the panel of International Walking Judges were made: Donald M. Keane, Australia; Ion Paraschivescu, Rumania; MURRAY B. ROSENSTEIN, USA; and CHARLES R. SILCOCK, USA.

THIRTEENTH ANNUAL OHIO TRACK CLUB DISTANCE CARNIVAL
and
OHIO A.A.U. CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 14, 1970
Worthington High School, Worthington, Ohio

Sanctioned by the Ohio Association of the A.A.U. and
The U.S. Track & Field Federation

SCHEDULE OF EVENTS

- 10:00 A.M.--Men's 4 Mile Cross Country Run
- 10:45 A.M.--Women's 2 Mile Cross Country Run
- 11:10 A.M.--Girl's Age 14-17 1 1/2 Mile Cross Country Run
- 11:30 A.M.--High School Boy's 2 Mile Cross Country Run
- 11:50 A.M.--Girl's 13 and under 1 Mile Cross Country Run
- (Above events are all designated as Ohio A.A.U. Championships)
- 12 NOON-----Men's 15 Mile Run, Road
- Men's 10 Mile Walk, Road
- 1:00 P.M.----Women's 880 Yard Run, Track
- 1:15 P.M.----Girl's 880 Yard Run, Track
- 1:30 P.M.----Master's Mile (40 and over), Track
- 1:45 P.M.----Women's 1 Mile Relay, Track
- 2:00 P.M.----Girl's 1 Mile Relay, Track
- 2:30 P.M.----2 Mile Walk (Men and Women), Track

AWARDS: Trophies to all individual winners and to relay teams. Awards through at least tenth place in all events. Team trophies in cross country races. Special awards to outstanding performer both male and female.

ENTRIES: To the Ohio Track Club, c/o Jack Mortland, 3184 Summit St., Columbus, Ohio 43202 for men's events; c/o Harry McKnight, 1795 Brinwood Court, Columbus, Ohio 43227 for women's events. Post entries will be accepted.

ENTRY FEE: \$1.00 per event for men, \$.50 per event for women.

REPORTING: Report to Worthington High School on Rt. 161 two blocks of Route 23. Dressing and shower facilities are available.

PLEASE ENTER ME IN THE FOLLOWING EVENTS IN THE O.T.C. DISTANCE CARNIVAL _____

FOR WHICH I HAVE ENCLOSED _____.

In consideration of your acceptance of this entry, I, intending to be legally bound hereby for myself, my heirs and assigns, waive any and all claims to damages which I might have against the Ohio Association of the A.A.U., the U.S. Track and Field Federation, The Worthington Board of Education, the Ohio Track Club, or their representatives, for all injuries by me at said event described on this blank to be held in Worthington, Ohio.

PRINT NAME _____ SIGNATURE _____

STREET _____ CITY _____ STATE _____

SCHOOL OR CLUB _____ AGE _____

Approval of the section dealing with the definition of walking was deferred pending examination of the report of researches carried out in Italy, and a final draft will be examined by the Walking Committee at Helsinki in Aug. 1971.

The Committee welcomed the development of Race Walking for women and had no objection to its recognition for International competition. They are prepared to assist in any way possible. Mr. Palle Lassen was asked to convey this information to the Women's Track & Field Committee and he reported back to a few members of our Committee that they are in favor of the events addition to their program for International competition.

MORE BLOOD

by Doc Blackburn

(Another in the series of stirring medical articles by the good doctor, which we are repeating from bygone issues.)

Before we leave the subject of blood, let me give you a few tips on how to follow the progress of your training. It involves a few simple tests, i.e. the red blood cell count (r.b.c.), the amount of hemoglobin (Hb), and the white blood cell count and differential.

Cultivate the friendship of a medical laboratory technician, preferably female and comely. This way you may be able to avoid some expense. These tests are usually one dollar a piece. If you have an interested family physician, he will be glad to give you the order to take to the laboratory, since most of them work only a physician's recommendation.

For the best condition, an athlete needs 15 to 16 grams of Hb per 100 cc of blood and a minimum of 4.8 million r.b.c per cm of blood. When training starts and the Hb is only 12.5 to 13.5 gms, or the r.b.c. in the vicinity of 4.0 million, workouts should be light for several weeks. As these values approach 14 to 15.5 gms and 4.3 to 4.6 million respectively, training effort may be increased.

Many athletes show a small drop in Hb and r.b.c. values when they first embark on a rigorous training schedule. This is due to an increase in total blood volume, and is therefore relative only. As training continues, these values increase slowly, until, in 3 or 4 months, the athlete achieves the ideal status as far as his blood is concerned. With these facts in mind, don't think you can get back in shape in a few weeks after a lay-off.

If these values start to drop after top condition is attained, it indicates over training. (If there is no coincidental illness.) Some authorities state that training can be aided by the use of iron and vitamin B12 taken orally. However, these will be of no assistance after the athlete reaches his best condition.

Perhaps now you can understand a little better why I do not advise donating blood while in the midst of active training and competition.

The endurance athlete in his best condition will only need 2 to 3 weeks of training at 5000 to 6000 feet altitude to compete well at Mexico City. This will be enough time for him to generate the extra gram of Hb and the 1 million r.b.c. he will need. It will be futile for him to go to a higher altitude unless he is in top shape to begin with.

Remember what I said last month about the changes in the white blood cells? Well, these changes will be seen as you check your blood from time to time, and you will have to reassure your comely friend that you are all right. (ed. In the original edition of this article, I parenthetically interjected at this point the comment "By testing the Cromwell theory, no doubt." That will have meaning only to our oldest, most faithful readers. For the rest of you, the great track coach, Dean Cromwell, once stated in a book on training, "Sexual gratification is the

worst thing for the athlete." Thus, the Cromwell theory, with which we used to have considerable fun in these pages.)

There are two or three situations that you will have to be aware of in addition to those I have mentioned. When the w.b.c. goes over 10 to 12 thousand, you are probably fighting an infection and training should be curtailed until the situation is controlled. As colder weather approaches, you may get an upper respiratory infection, a "cold". If at this time you see a decrease in the total w.b.c and an increase in lymphocytes, you have evidence that your "cold" is viral in origin. And finally, there is a variety of granulocyte called an eosinophil, which is usually found at one to three percent of the total. If this value suddenly drops it may indicate over training, especially if associated with a decrease in the Hb and r.b.c.

As a footnote let me warn you to be completely hydrated before getting these blood tests, or the results will be inaccurate.

OHIO RACE WALKER
3184 Summit St.
Columbus, Ohio 43202

FIRST CLASS MAIL